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(54) TESTOSTERONE 5 ALPHA-REDUCTASE  
INHIBITOR

(57) Abstract:

PURPOSE: To obtain testosterone 5  $\alpha$ -reductase inhibitor free from side effects, applicable to cosmetic for producing and nourishing hair and for pimple, drugs, etc., containing an extract of specific herb as an active ingredient.

CONSTITUTION: Dried powder of one or more herbs selected from *Salvia officinalis* L., *Humulus lupulus* L., *Rosmarinus officinalis* L., *Hypericum erectum* Thunb.,

*Mentha piperita* L., *Arnica montana* L. *Arnica montana* L., and *Thymus vulgaris* L. is immersed in 99.5% or 50% ethanol in a ratio of 1g/10ml, allowed to stand for one week and then filtered to give extracted solutions. The extracted solutions have excellent inhibitory action on testosterone 5  $\alpha$ -reductase and inhibitory action of sebum formation. Consequently, each of the extracted solutions as an active ingredient is blended with a hair tonic, a hair growing agent or a hair cosmetic, a skin external preparation for treating pimple or skin cosmetic and used.

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